

# 復工實務中工作強化的功能與成效

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物理治療師

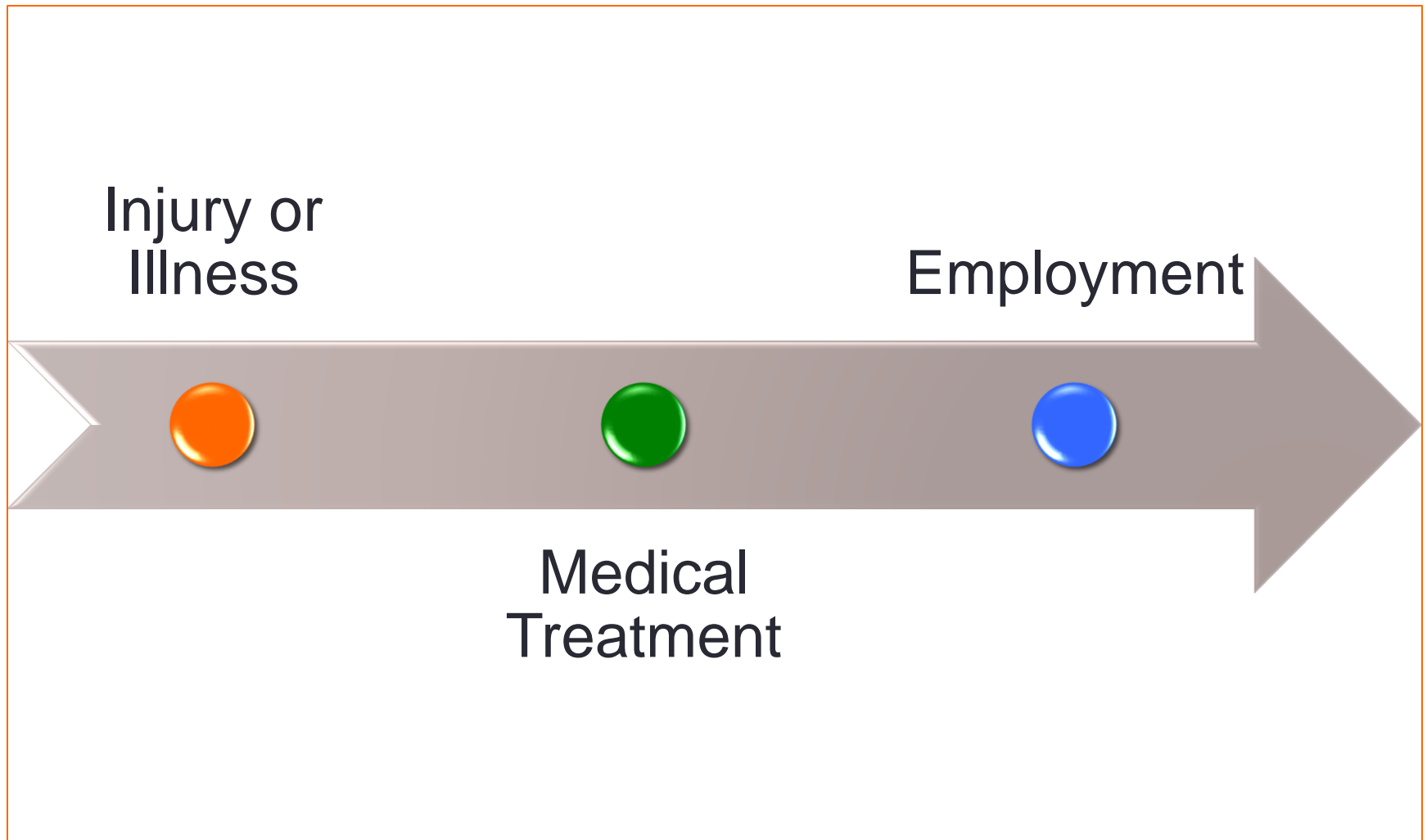
復健諮商師

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# Time Off Work



# Factors Retard Return To Work

- Older age
- Gender
- Time off work
- Earlier sickness periods
- Pain
- Depression and pain
- Physical workload
- Self-perceived ability to return to work
- Perceived health
- Fitness on exercise
- Vocational sector
- Financial status
- Social support

# Improve Return to Work

- Physical conditioning programs
- Functional restoration and exercise programs
- Work conditioning programs
- Work hardening programs
- On-site transitional Program

# Work Hardening Programs

- Interdisciplinary approach
- Individualized programs
- Work-oriented tasks
  - Simulated tasks
  - Actual work tasks
- Progressively graded exercises
- In a safe, supervised environment

# Purpose

- Improve physical condition
- Learn appropriate job performance skills
- As physical and functional capacities improve, so will the person's capability of returning to work
- Improve confidence to return to work
- Safe to return to work

# Improve

- Tolerance
  - Psychological
  - Physical
  - Emotional
- Endurance
- Work feasibility



# Programs Planning

1. Job goal determination
2. Job analysis
3. Physical tolerance assessment
4. Targets for intervention
5. Formulation of performance objectives
6. Designation of methods

# Physical Tolerance Assessment

- Interview
- Physical examination
  - ROM/flexibility
  - Muscle strength
  - Sensory testing
  - Visual/perceptual screening
  - Cardiopulmonary condition
  - Observation...
- Physical tolerance assessment
- Job specific demands

# Work Hardening Programs

## Core items

- Work tolerance training
- Work simulation
- Work samples
- Workplace safety education

## Supplementary items

- Psychological adaptation consultation
- Social function training
- On-site training
- Transition planning

# Exercise Programs

- Flexibility
- Strength
- Endurance
- Cardiovascular fitness

# Flexibility and Motor Control

- At the beginning of daily schedules
- Improve body awareness
- Short term stretching to prevent fatigue
- Home programs



# Strength and Endurance Training

- Hand and upper extremity
- Upper back and neck
- Trunk and lower back
- Lower extremity



# Cardiopulmonary Function Training

- Indicated to any kind of injury or illness
  - Improve local circulation
  - Improve cardiopulmonary endurance



# Workplace Ergonomic Education

- Lecture in education
  - DVD
  - Practice
- Interventions in programs





# Simulated Tasks



# Work Samples



# Social Dynamics

- Social skill
  - Isolation
  - Pain
  - Fear
  - Others
- Group activities

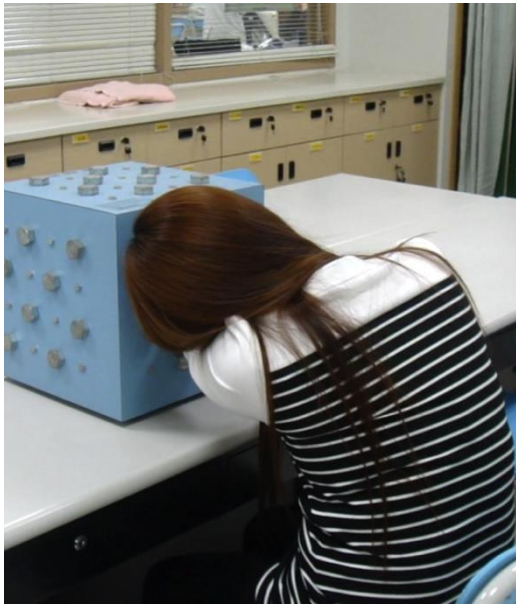


# Work Hardening vs. Rehabilitation

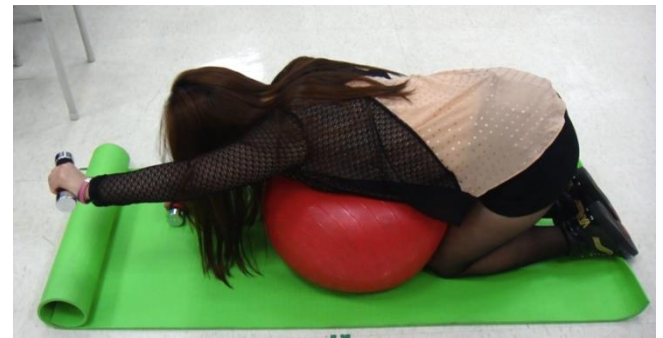
	Work hardening	Rehabilitation
Session	2-8hrs	45-90mins
Goals	Progressively work up to full work-day	Functional restoration
Behavior issue	+	+/-

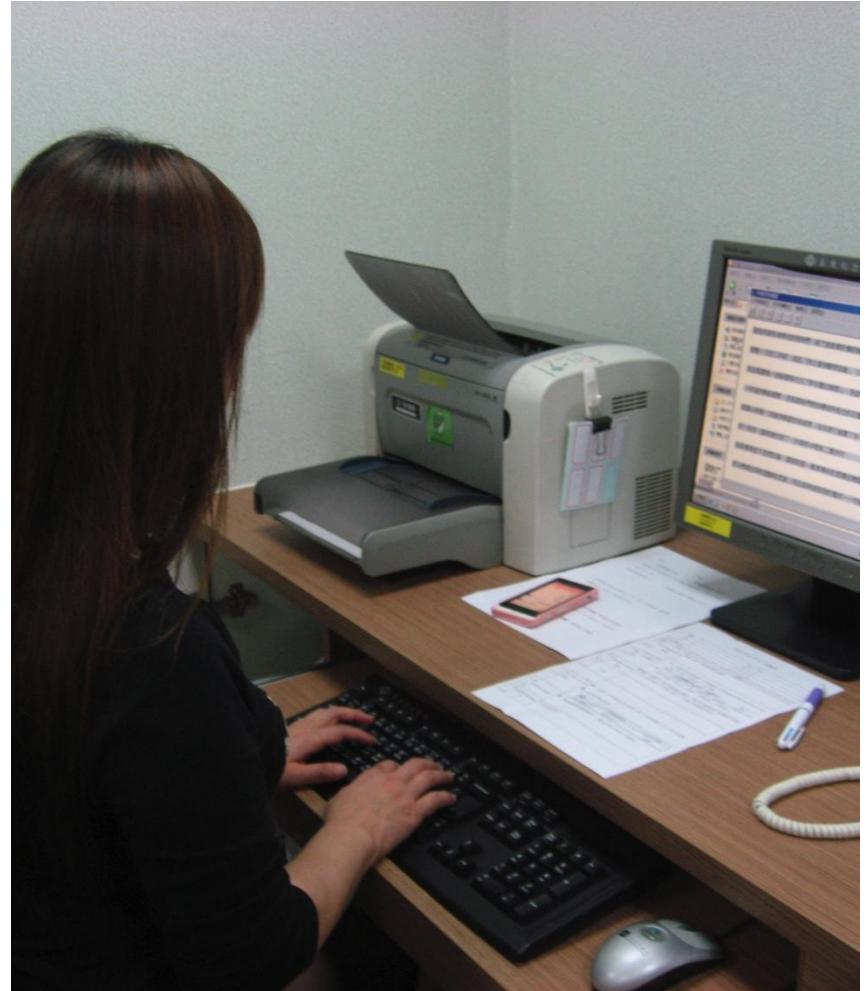
	第一週	第二週	第三週
預計訓練 時程 :(3)週	共(3)天	共(3)天	共(3)天
	每天(3)小時	每天(3)小時	每天(6)小時
	9:00~12:00	9:00~12:00	9:00~12:00 13:00~16:00
預計時數	(9)小時	(9)小時	(18)小時
實際訓練時數	(9)小時	(8.5)小時	(17)小時

1. 加強體能及心肺功能：可達持續整天至少6小時工作之要求
2. 加強案主症狀處遇能力
3. 心理社會適應：藉由生理功能的訓練和進步，以及工作模擬的重複訓練，提升復工自信
4. 加強上肢操作耐受度：可達持續整天6小時操作之要求
5. 強化工作姿勢和安全觀念
6. 加強負重能力：符合一般工作需達中度負重程度





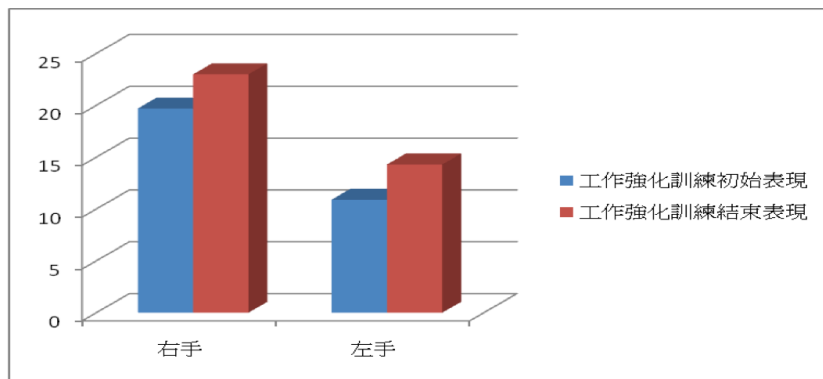




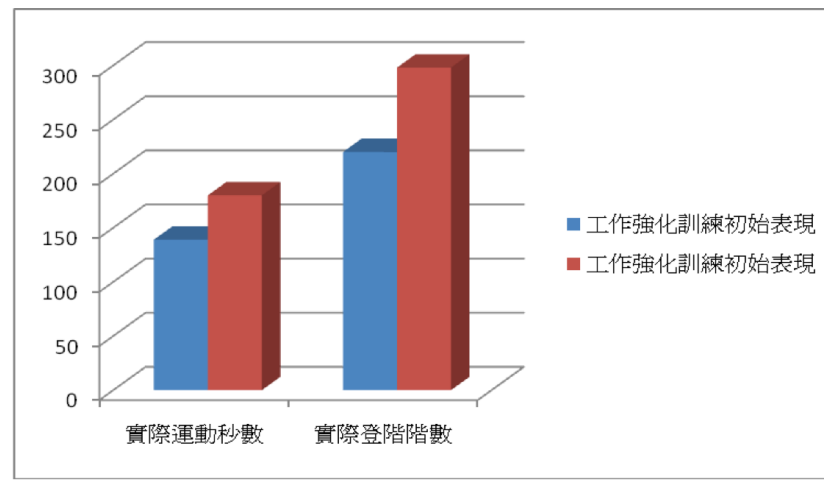


# 生理功能表現

## 握力

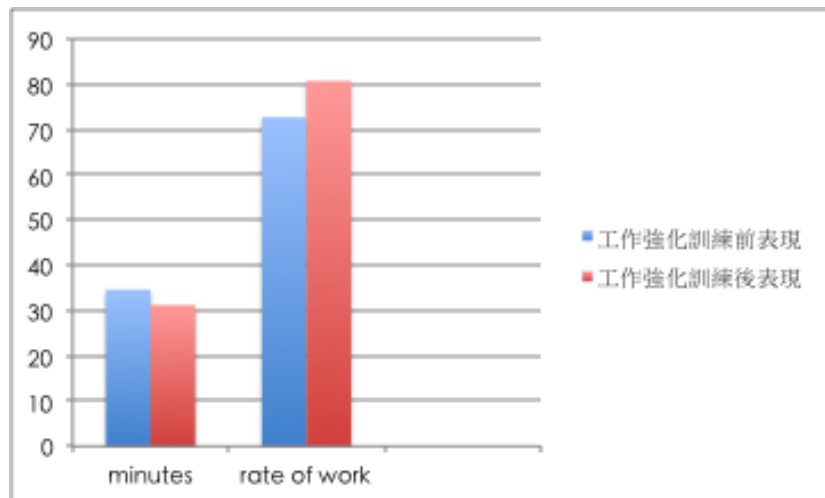


## 心肺耐力

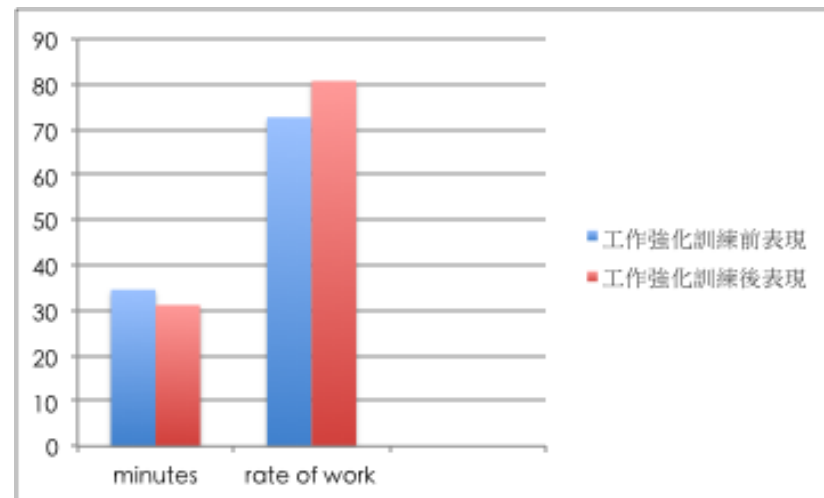


# 工作樣本表現

## 上肢操作速度

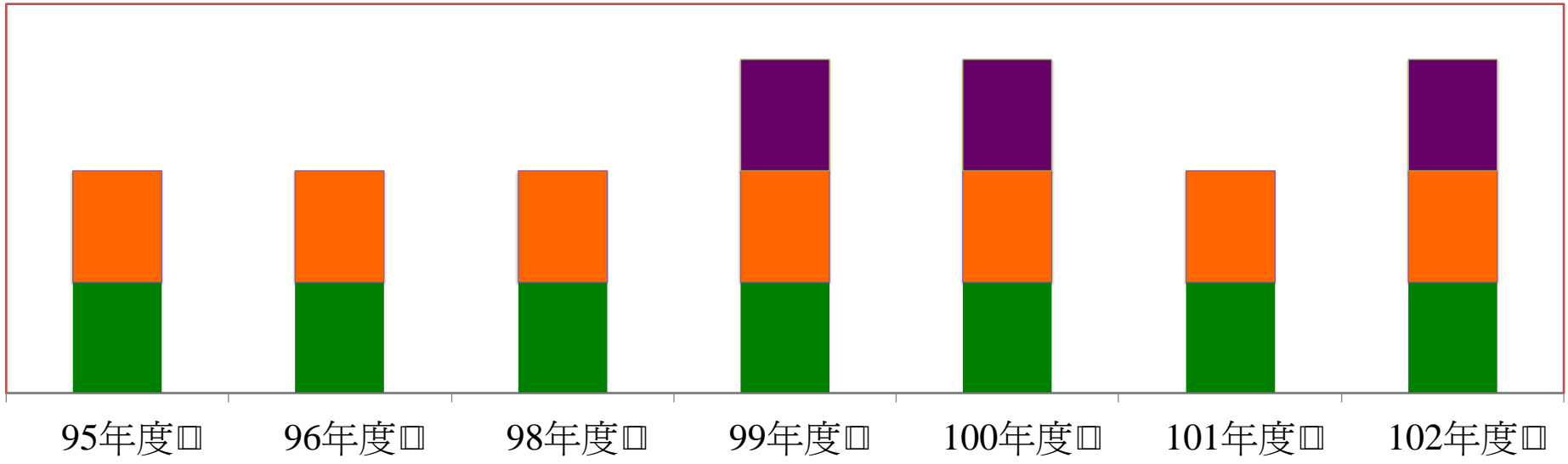


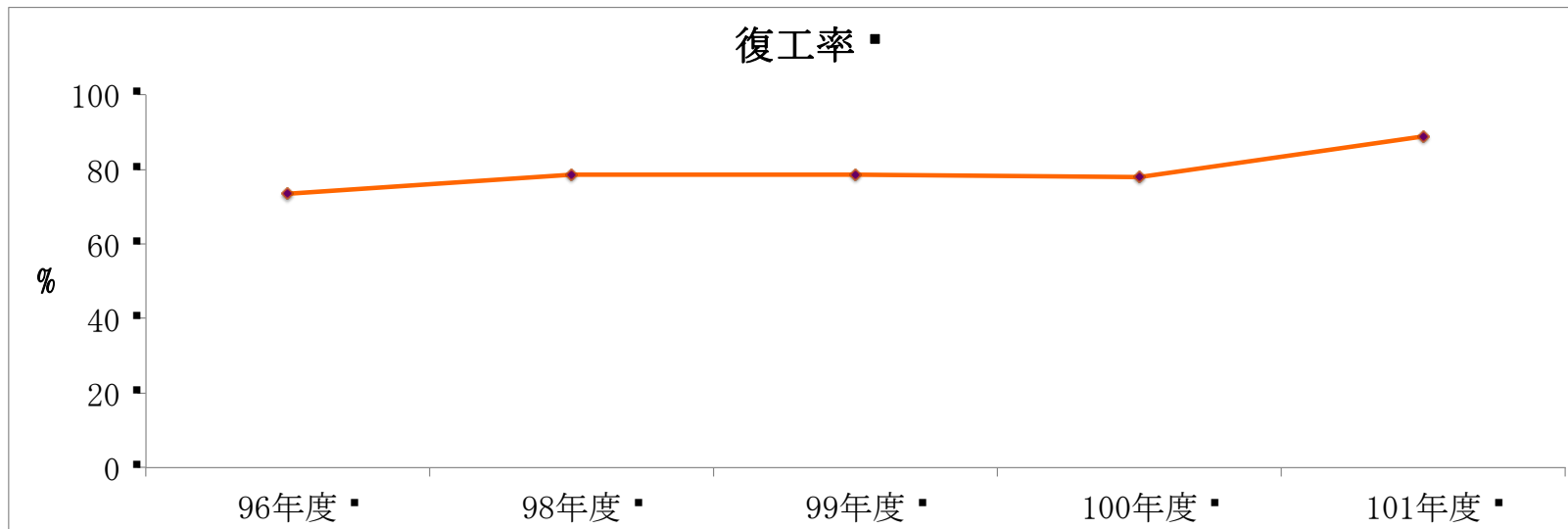
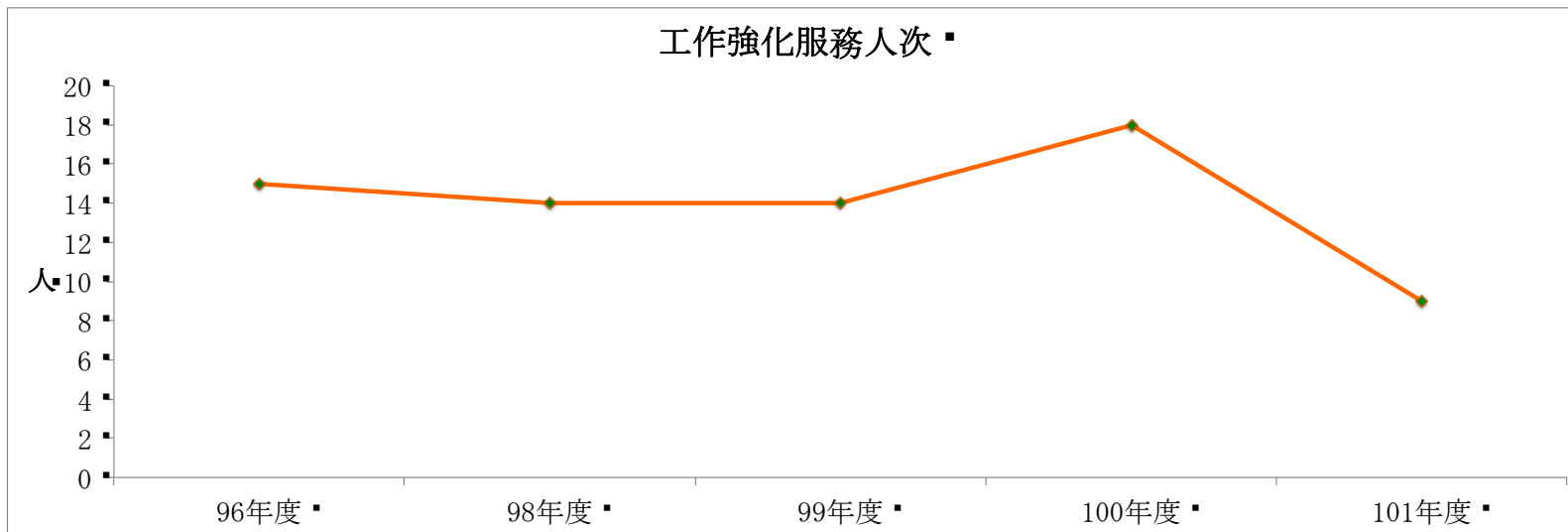
## 負重能力



訓練計畫目標	評量結果	是否相符
加強體能及心肺功能，可達持續整天至少 6 小時工作之要求。	根據工作強化訓練後期表現，案主可完成整日 6 小時的體適能訓練、有氧運動、工作樣本訓練和工作模擬等訓練。	相符
加強案主症狀處遇能力。	經過強化訓練及治療師的正確觀念的教育需與疼痛問題共處，已能完全接受，且學習伸展活動舒展疼痛及僵硬等不適感	相符
藉由生理功能的訓練和進步，以及工作模擬的重複訓練，提升復工自信心，增進社會適應能力。	案主可以按照計畫完成核心訓練，主動按表操課外，還要求治療師將平時練習的課表帶回家，未來持續在家練習，顯示案主對訓練計畫具備高的遵從度。案主心情已明顯開朗和樂觀，並已開始尋職，已增進對社會適應的能力。	相符
加強上肢操作耐受度，可達持續整天 6 小時操作之要求。	根據工作強化訓練表現，案主可完成治療師給予安排整日 6 小時的工作樣本訓練和工作模擬等訓練。	相符
強化工作姿勢和安全觀念。	在工作模擬與 valpar 19 訓練中，連續操作期間，案主能隨時注意操作姿勢，盡可能將重心平均置於兩腿上，並維持工作安全。	相符
加強訓練負重能力，符合一般工作需達中度負重程度。	根據工作強化訓練後期 Valpar 19 的評估結果，肌耐力仍屬於輕度負重程度。但案主仍從事會計工作是否達到中度負重程度就顯得不那麼重要。	不相符

■ 職業輔導評量 ■ 工作能力評估及強化 ■ 心理輔導及社會適應 ■





# Summary

- Good candidates
- Cooperative employer
- Barrier free referrals
- Well trained therapist

# THANK YOU

